



### Learning at Home Choice Board

These are home learning options that you can mix-and-match. There are options for ELA, Math, Science, and Social Studies ([offline](#); [online](#)) and Computer Science, Fine Arts, Health/PE, and World Languages ([offline](#); [online](#)).

Make and carry out a plan for the week.

#### Steps

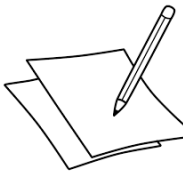
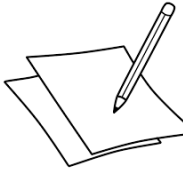
1. You should aim for at least 15 total choices per week, choosing every content area at least once. You can also revisit choices from previous weeks.
2. Review the options on the following pages to help your planning.
3. Create a SMART Goal in a table like the one below to make a plan for your work.
4. Complete your plan for the week. As you work, share and discuss with a friend or family member.

Specific	<ul style="list-style-type: none"> <li>• What options will I choose?</li> <li>• How will I organize my work?</li> </ul>	
Measurable	<ul style="list-style-type: none"> <li>• How will I know that I have accomplished my goal?</li> </ul>	
Achievable	<ul style="list-style-type: none"> <li>• How can I accomplish my goals for the day and for the week?</li> <li>• Where is the best place for me to do my work?</li> </ul>	
Relevant	<ul style="list-style-type: none"> <li>• How does this journal fit with my life at home?</li> <li>• How does this journal align with my classes at school?</li> </ul>	
Time-bound	<ul style="list-style-type: none"> <li>• When will I work?</li> <li>• How much time will I dedicate to working each day?</li> <li>• How will I pace myself?</li> </ul>	



**Offline Options – You should aim for at least 15 total choices per week, choosing every content area at least once.**

As you work through these activities, please be mindful of your personal health and well-being as well as that of those around you. Be safe, work with an adult when possible/necessary, and practice social distancing.



	English Language Arts	Mathematics	Science	Social Studies
<p><b>Offline</b></p>  <p><b>Option 1</b></p>	<p>Read for 30 minutes a non-fiction selection of your choice and record how many pages you read. You may want to keep track of your total pages this week.</p> <p>Write down 3-5 things you learned. What other questions do you have on the topic?</p>	<p>Add the ages of all the people who live in your house. What is the sum? Is it greater than or less than 100? By how much?</p> <p>Ask each person in your house to give you a number between 100 and 1000. What is the sum? Is it greater than or less than 1000? By how much?</p>	<p>Predict how different objects slide across the floor.</p> <p>Carefully, slide objects of the same size and different materials across the floor. This could be different pairs of your shoes or different boxes. Pick objects that do not roll.</p> <p>What did you observe? Draw a model that helps to explain your observations.</p>	<p>There are many responsibilities of citizenship. Some include being informed, paying taxes, obeying the law, voting, and serving on a jury. Talk to a grownup about how people do each of these things.</p> <p>Then, draw a picture that shows people doing each of these things.</p>
<p><b>Offline</b></p>  <p><b>Option 2</b></p>	<p>Watch PBS KHET and KMEB <b>Molly of Denali - 10a.m.</b></p> <p>Write a reflective journal describing the main character Molly. Explain what you learned from this episode and whether or not you liked the program?</p> <p>Write an opinion paragraph describing a television program you like or do not like. Use details to support your opinion.</p>	<p>Use place value to help you put the following numbers in order from greatest to least:</p> <p>7,234    92,984    99,894 344,502    19,321    99,834</p> <ul style="list-style-type: none"> <li>● Round each to the nearest 10's.</li> <li>● Round each of the original numbers to the nearest 100's</li> </ul> <p>Brainstorm with an adult as many examples as you can of using rounding in real life.</p>	<p>Watch Cable Channel 356</p> <ul style="list-style-type: none"> <li>● NASA 360</li> <li>● Science 360</li> <li>● <a href="#">TEACH Channel 356 Schedule</a></li> </ul> <p>Watch PBS Hawaii</p> <ul style="list-style-type: none"> <li>● Science View</li> <li>● Nature</li> <li>● <a href="#">PBS Hawaii Schedule</a></li> </ul> <p>Write a reflective journal or discuss with a friend or family member:</p> <ul style="list-style-type: none"> <li>● What did you wonder about what you saw?</li> <li>● How would you explain what you learned to a 1st grader?</li> </ul>	<p>Ask some grownups what kind of chores they had to do when they were your age.</p> <p>What kind of chores do you do now? How is this the same or different from what the grownups did? Why do you think this is the same or different?</p>

Online options on the next page →



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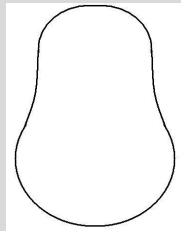


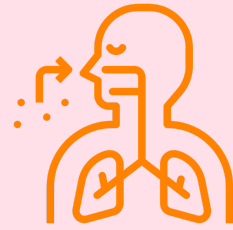
	English Language Arts	Mathematics	Science	Social Studies
<p>Online</p>  <p>Option 1</p>	<p><a href="#">Achieve 3000</a> Choose an article. Read the article and complete all the questions for that article.</p> <p><a href="#">Enjoy some stories read by famous people.</a></p> <p><a href="#">Play the Molly of Denali Digital Game to Learn More about Alaska</a> and Informational Text.</p>	<p>Go to <a href="#">Khan Academy 3rd Grade Math</a>.</p> <p>Select a category you've already studied (left-hand menu). Choose a Topic of interest. Watch the Video Tutorials. Complete the questions under the Practice section.</p>	<p>With an adult, pick three to five <a href="#">citizen science projects</a> that interest you. Learn about the projects. If possible, pick one or more to try!</p> <p>Summarize what you've learned and share with someone!</p>	<p>Let's learn about communities! <b>Rural:</b> a community with open land, few buildings and businesses, and few people. <b>Urban:</b> a city community with a lot of tall buildings where people live that is larger or more crowded than a town <b>Suburban:</b> a community outside of the city where people live in neighborhoods with individual houses or small apartment houses</p> <p>Look at these pictures of Hawaii: <a href="#">Picture 1</a>, <a href="#">Picture 2</a>, and <a href="#">Picture 3</a>. Which picture is urban? Which is rural? Which is suburban?</p>
<p>Online</p>  <p>Option 2</p>	<p>Go to Scholastic online to read "<a href="#">Why Do Zebras have Stripes</a>" Answer the questions:</p> <ul style="list-style-type: none"> <li>• Why do zebras have stripes?</li> <li>• How does it help the zebra?</li> <li>• What did Caro and his team learn from their experiment?</li> <li>• How would you use what Caro learned to help other animals?</li> </ul> <p><a href="#">Time for Kids-</a> Read an article and write down what you learned</p>	<p>Practice your skills with <a href="#">abcya.com 3rd grade</a> math. Choose from the following:</p> <ul style="list-style-type: none"> <li>• <a href="https://hawaii.pbslearningmedia.org/resource/mod19-ela-sled-dog/sled-dog-dash-game-molly-of-denali/">https://hawaii.pbslearningmedia.org/resource/mod19-ela-sled-dog/sled-dog-dash-game-molly-of-denali/</a> (up to level 4)</li> <li>• <a href="#">Soccer Math Estimating</a> (practice with all 4 operations)</li> <li>• Need a challenge? Try <a href="#">Mystic Numbers</a></li> <li>• <a href="#">Hockey Score</a> (place value, level 2)</li> <li>• <a href="#">Riddle Books</a> (model drawing)</li> </ul>	<p>Explore what scientists and engineers do using one or more of these resources:</p> <ul style="list-style-type: none"> <li>• <a href="#">Exploring Careers in Science</a></li> <li>• <a href="#">The Secret Life of Scientists and Engineers</a></li> <li>• <a href="#">SciGirls</a></li> </ul> <p>Write a reflective journal or share with a friend or family member:</p> <ul style="list-style-type: none"> <li>• Would you like to be a scientist or engineer? Why or why not?</li> <li>• What do you think a day in the life of a scientist or engineer is like?</li> </ul>	<p>Let's learn about winter! Watch <a href="#">this video</a> and visit <a href="#">Mt. Hood</a> in the winter!</p> <p>Make up a story that tells what a day would be like for you and your family or friends if you lived where it was cold and snowy. What would you wear? What would you do? Draw pictures to go with your story.</p>

More content areas on the next page →



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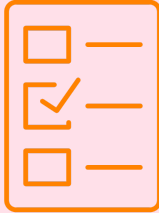

	Computer Science	Fine Arts	Health	Physical Education	World Languages
<p><b>Offline</b></p>  <p><b>Option 1</b></p>	<p>Computer Science uses directional commands in programming. You can think like a computer using paper and pencil.</p> <p>Write a story that uses the directional terms left-right, up-down. Create a grid board game. Replace the words left-right and up-down with directional arrows. Can someone follow your story on the board?</p>	<p>Collect things around your home that are red, yellow, blue, orange, green, and purple. Create a “rainbow” using the color group things.</p> <p>Draw the “rainbow” you created and write a short description of what you notice about the “rainbow” that is created.</p>	<p><b>Connect</b> - Tell 3 people what you appreciate about them.</p> 	<p><b>Fitness</b> - Do the following:</p> <ul style="list-style-type: none"> <li>• 8 sit-ups in each corner of the room</li> <li>• Skip one lap around the room.</li> <li>• 12 jumping jacks.</li> <li>• Shuffle across the room and back.</li> <li>• 5 wall push-ups on each wall in the room.</li> <li>• Pretend to jump rope for 1 minute.</li> <li>• REPEAT all 2 more times</li> </ul>	<p>Draw and color your own Mr. or Mrs. Potato Head. Label the body parts in English and a world language. Show the drawings to an adult.</p> 
<p><b>Offline</b></p>  <p><b>Option 2</b></p>	<p>Lay cards to create a board game. Place treats randomly. One person gives directional clues to help the other reach the treat.</p> 	<p>Dance fast and slow as you can to music with various tempo (speed).</p> <p>What do you notice about dancing to various tempo music? What makes you say that? What else can you share?</p>	<p><b>Refresh</b> - Get into a comfortable position and close your eyes. Inhale (breathe in) through your nose. Fill your belly like a balloon. Exhale (breathe out) through your mouth. Take 5 breaths.</p> 	<p><b>Physical Activity</b> - Try to do 60 minutes of physical activity today. Some examples of physical activity that you could do at home are:</p> <ul style="list-style-type: none"> <li>• Go for a walk or jog</li> <li>• Walk or jog up stairs</li> <li>• Dance</li> <li>• Hula</li> <li>• Play outdoor games with siblings or parents.</li> </ul>	<p>Watch "Japanese for Kids" on HIDOE channel 356 on 04/18/2020 at 3:10 p.m.</p> <p>Draw a picture of something you have learned from the show and label in English (and if possible, in Japanese romaji).</p>

Online options on the next page →



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	Computer Science	Fine Arts	Health	Physical Education	World Languages
<p><b>Online</b></p>  <p><b>Option 1</b></p>	<p>Visit <a href="#">ScratchJunior</a></p> <p>Watch this introduction video.</p> <p>Try coding something.</p>	<p>Collect things around your home that are primary and secondary colors. Create a “rainbow” using the color group things. Learn more about the colors of the rainbow by <a href="#">watching this video</a>.</p> <p>Draw the rainbow you created and write a short description of what you notice about the drawing.</p>	<p><b>Nourish &amp; Move -</b> Work with a trusted adult to create a list of fun and safe <a href="#">physical activities</a> that you can do <a href="#">indoors</a> (see PE). Try an indoor physical activity as a family.</p> 	<p><b>Fitness -</b> Les Mills Workout</p> <p>This <a href="#">Les Mills On Demand - Born to Move #21 (8-12) Natural</a> workout is about 10 min long.</p> <p>It includes moving, jumping, and dancing.</p> <p>Be sure to pause the workout video whenever you feel like you need to take a break, catch your breath, or drink some water.</p>	<p>Visit <a href="#">Hello World</a>, choose the world language, select “Puzzles”, and choose the “Face Puzzle” or puzzles under “People” to play.</p>
<p><b>Online</b></p>  <p><b>Option 2</b></p>	<p>Visit <a href="#">Hour of Code’s Frozen activity</a>.</p> <p>Help Anna and Elsa from Frozen to create snowflakes in the ice.</p>	<p>Dance fast and slow as you can to music at various speeds (tempo). Learn more about tempo by <a href="#">watching this video</a>.</p> <p>What do you notice about dancing to various tempo music? What makes you say that? What else can you share?</p>	<p><b>Personal Care -</b> Talk with someone about how to use <a href="#">hand sanitizer</a> properly. Practice the steps for washing your hands and using hand sanitizer. <a href="#">Self-assess your healthy hygiene behaviors</a> for preventing the spread of germs. Practice the behaviors that need to be improved.</p>	<p><b>Dance/Exergaming -</b></p> <p>Have fun with the following interactive videos by GoNoodle:</p> <ul style="list-style-type: none"> <li>• <a href="#">Fabio's Meatball Run</a></li> <li>• <a href="#">Think Like a Scientist</a></li> <li>• <a href="#">Not Dog Time Machine</a></li> </ul>	<p>Visit <a href="#">A World of Stories</a> and view any of the bilingual videos or stories (e.g., “1, 2, 3, ¡Chocolate!” or “The Ghost with the One Black Eye/Le Fantôme Avec un Oeil au Beurre Noir”).</p> <p>After viewing, draw your favorite new word in the world language that you have learned from the video or story and share with an adult.</p>